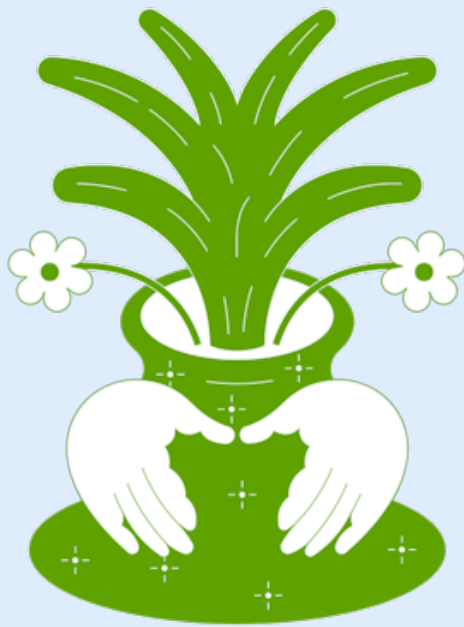


# GROWING TOGETHER



NURTURING THE POTENTIAL OF PRIMARY SCHOOL  
AUTISTIC CHILDREN



WITH CINDY HSIANG

REGISTERED PSYCHOLOGIST; BOARD CERTIFIED BEHAVIOUR ANALYST

## ABOUT THE PROGRAM

As your child settles into mid-childhood, you might have noticed a shift in his or her development. Parenting is a constant adjustment to our children's changing needs. This monthly parenting training program is designed to **empower you** along these changes. Designed with your unique individual needs in mind. **Equipping** parents to adjust parenting according to children's changing needs



EXPERIENCED PROFESSIONAL GUIDANCE



CONNECT WITH OTHER PARENTS FACING SIMILAR CHALLENGES



PRACTICAL STRATEGIES YOU CAN IMPLEMENT



## ABOUT THE PRESENTER



**Cindy Hsiang** is a registered psychologist and a Board-Certified Behaviour Analyst (BCBA) based in Sydney, Australia. The principal psychologist at Aspiration Education and Development Clinic, Cindy has worked with children on the autism spectrum and their families for over 20 years. Her extensive experience spans across Australia, New Zealand, and the Asia-Pacific region, where she has trained allied health professionals and parents. Cindy has also played a key role in developing parent support programs for the Department of Social Services.

# PROGRAM OUTLINE

The program offers online and in-person options at Aspiration Education and Development Clinic located at Suite 4 (level 5) 25-33 Old Northern Road in Baulkham Hills, NSW. The cost per session is \$230 (per couple).

## Session 1

Anxiety and mental health in autistic children I: exploring potential causes and protective factors

- When: Wednesday the 5th of June from 11:30am to 1:00pm

## Session 2

Anxiety and mental health in autistic children II: strengthening protective factors and implementing proactive strategies

- When: Wednesday the 3rd of July from 11:30am to 1:00pm

## Session 3

Building self-esteem and independence I: exploring contributing and protective factors

- When: Wednesday the 31st of July from 11:30am to 1:00pm

## Session 4

Building self-esteem and independence II: strengthening protective factors and implementing proactive strategies

- When: Wednesday the 28th of August from 11:30am to 1:00pm

## Session 5

Diagnosis disclosure I: deciding when, to whom, and why to disclose a diagnosis

- When: Wednesday the 25th of September from 11:30am to 1:00pm

## Session 6

Diagnosis disclosure II: how to explain autism and neurodiversity

- When: Wednesday the 23rd of October from 11:30am to 1:00pm

# HOW TO BOOK

Limited spots available. Secure your place today by calling (02) 9688 6665 or emailing [info@aspirationchildpsychology.com.au](mailto:info@aspirationchildpsychology.com.au)

*\* 50% deposit required at time of booking*

## FAQ

### Who is this program for?

This program is specifically designed to support parents and caregivers of Autistic children in primary school years. If you're looking for strategies to help your child thrive, this program can provide valuable tools and insights.

### Is attending all sessions mandatory?

While we highly recommend attending all 6 interconnected sessions to get the most comprehensive learning experience and build upon key concepts, we understand that individual circumstances may vary. Attending as many sessions as possible will still be beneficial.

### Are the sessions offered online or in person?

The program offers both online and in-person options. If you prefer the flexibility of attending from home, online sessions are perfect for you. Or, if you value face-to-face interaction, join us at our clinic at Suite 4 (level 5) 25-33 Old Northern Road in Baulkham Hills, NSW.

### How many participants are allowed per session?

The session cost covers up to 2 participants. So, feel free to bring another parent, caregiver, or family member who would benefit from attending with you.

### Will there be opportunities to ask questions?

Absolutely! We understand that every child's journey is unique. That's why our sessions are designed with interactive elements and dedicated Q&A time with your facilitator, allowing you to address specific concerns and get personalised guidance.

### Can I claim a rebate for these sessions?

This program may be eligible for rebates through NDIS, Medicare, and private health insurance. Contact us for further information.

### How can I get more information?

We're happy to answer any questions you may have! Feel free to reach out to Aspiration Education and Development Clinic at (02) 9688 6665 or email us at [info@aspirationchildpsychology.com.au](mailto:info@aspirationchildpsychology.com.au).



# ASPIRATION

## EDUCATION & DEVELOPMENT CLINIC

### ABOUT US

Aspiration Education and Development Clinic provides an open and confidential environment for children, adolescents, and families to explore their strengths and limits. Our family-centred approach means we work with you towards enhancing you and your family's well-being.

Our psychology services include:

- Psychometric assessments
- Early intervention programs for children with Autism and developmental delays
- Social skills training
- Behaviour management
- Emotion regulation (e.g. anxiety, anger, depression)
- Parenting support and training
- School transition and adjustment
- Family therapy